

Training Solutions

Level 3 Award in First Aid at Work (RQF)



Who Is This Course Designed For?

The Level 3 Award in First Aid at Work (RQF) qualification is specifically designed for individuals who wish to act as a first aider in their workplace.

Successful candidates will learn how to manage a range of injuries and illnesses that could occur at work and will be equipped with the essential skills needed to give emergency first aid.

What's more, as a regulated qualification, employers can book this course for their employees and rest assured that they have fulfilled their legal responsibilities for providing quality first aid training, without having to undertake any lengthy due diligence checks.

About the Course

- Duration: 3 day
- Quasafe regulated
- Refresher training recommended every 3 years

What Do I Do Next?

If you would like a course exclusively run for your employees, at your business premises, we would be happy to arrange this for you. Prices for a closed course are available on application.

Please call **01777 802377** or email Sarah Bartlett at Sarah.Bartlett@pibrm.com to discuss further or book a place on one of our open courses.

What Is Covered?

- The role and responsibilities of a first aider
- Assessing an incident
- Managing an unresponsive casualty
- CPR and defibrillation
- Recovery Position
- Heart Attack & Stroke
- Choking & Epilepsy
- Asthma & Diabetes
- Anaphylaxis & Shock
- Head and spinal injuries
- Chest injuries & Fractures
- Wounds and bleeding
- Sprains, strains and dislocations
- Minor injuries
- Burns and scalds
- Eye injuries & Poisoning



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